



Inspire hope.
Extend our reach.
Strengthen our impact.
Better, together.

Our Mission

Parkinson Society British Columbia is the voice of British Columbians living with Parkinson's. Our purpose is to ease the burden and find a cure for Parkinson's disease through advocacy, education, research and support services.

What is Parkinson's Disease?

Parkinson's disease is caused by a loss of dopamine in the brain and is the second most common chronic neurodegenerative disorder after Alzheimer's disease. Symptoms include tremor, rigidity, slowness of movement, difficulty with speech, sleep disturbance and mood disorders. There is currently no cure.

It is estimated that there are 13,300 (2014/2015) individuals living with Parkinson's in British Columbia. Experts predict that the incidence of Parkinson's will increase significantly as the population ages. While the vast majority of people with Parkinson's are over 60, 20% are diagnosed before the age of 50 and many are in their 30s and 40s.

Staff

Chief Executive Officer	Jean Blake
Director, Resource Development (Jan-May)	Cecilia Tupper
Programs & Services Manager	Stacey Dawes
Marketing, Communications & Events Manager	Alicia Wrobel
Resource Development Officer	Betty Hum
Donor & Member Services Coordinator / Office Manager	Susan Atkinson
Major Gifts & Individual Giving Development Officer	Rav Kambo
Clinical Counsellor (part-time)	Courtney Hanna
Education & Support Services Coordinator	Caroline Wiggins
Education & Support Services Coordinator / Counsellor	Myriame Lépine Lyons
Resource Development Coordinator (part-time, Jan-Oct)	Lucy Isham-Turner
Marketing & Community Engagement Specialist	Amanda McCulley
Resource Development & Volunteer Coordinator	Mirela Dzaferovic

Board of Directors

Chair	Colin MacBeath
Vice Chair	Andrew Davenport
Treasurer (resigned Aug 2016)	Mona Kragh
Secretary	Bob Thompson
Member at Large	Val Swannell
Directors	Michelle Bourbonnais Sherri Zelazny Dave Rickards
	Cec Primeau Richard Mayede James Patterson
	Ariane Grill
Medical Advisor	Martin J. McKeown, BEng, MD, FRCP(C)

Executive Message

Our accomplishments during 2016 were significant. We inspired hope by advocating for a robust plan to enhance support; we extended our reach by utilizing technology to reach remote communities; and we strengthened our impact by delivering exceptional programs and services. We are better, together because our relationships are stronger.



Colin MacBeath
Chair



Jean Blake
CEO

Our activities included:

- doubling the number of free counselling hours available to provide more in-depth support for issues such as dealing with a new diagnosis, grief, loss, anxiety and depression.
- using technology to extend our reach across BC for counselling, provide an online YOPD support group, deliver webinars and videotape our regional conferences and community talks.
- meeting face-to-face with 22 of our 50 volunteer-led support groups throughout BC, providing support, current information and resources, as well as connecting with all facilitators by phone.
- coordinating Step by Step, a volunteer-led walking program in nine communities across BC, that encourages people with Parkinson's to maintain a regular exercise routine.
- supporting 35 people with Parkinson's (PwP), carepartners, support group facilitators, researchers, grad students and healthcare professionals to attend the *World Parkinson Congress* in Portland and bring their learnings back to their corresponding communities.
- providing Regional Conferences in 5 communities (Nanaimo, Prince George, Kelowna, Kamloops and Victoria) as well as 5 community talks.
- partnering with the David Phinney Foundation for their first Canadian event, The Victory Summit, which provided inspiration to 500 attendees to live well with Parkinson's disease.

We could not do this without you. We, and those we serve, sincerely appreciate your generosity.

Signed,

Colin MacBeath, Chair

Jean Blake, CEO

Message from Colin MacBeath, Acting Treasurer

Our financial statements for the year ended December 31, 2016 have been audited by external auditors who provided their qualified opinion that, based on the audit evidence they accumulated, the financial statements fairly present the Society's financial position and results in accordance with Canadian not-for-profit accounting standards.

The Statement of Financial Position presents healthy working capital with current assets significantly exceeding current liabilities. The Society's investment portfolio with a market value of \$801,528 continues to generate modest returns.

Overall, the 2016 Statement of Revenue and Expenses presents a deficiency of \$393,633. As the 2016 budget was approved with a planned deficit of \$199,260, this reflects a delay until January 2017 in the receipt of a \$250,000 disbursement from a bequest. Fundraising revenue, excluding bequests, increased in 2016 to \$879,856 from \$860,124 in 2015.

During 2016, the Board invested in additional education and support to extend our reach and increase our impact throughout BC to assist with issues experienced by people with Parkinson's and their carepartners.

Several opportunities were taken advantage of such as the World Parkinson Congress occurring relatively nearby in Portland, Oregon. The Board approved scholarships to enable as many people with Parkinson's, carepartners, students, researchers and clinicians to attend as possible.

The Board further invested in programs that will improve quality of life for people with Parkinson's disease including *SongShine*, a program to train choral leaders in a voice strengthening method for those with Parkinson's, as well as Dance for PD® which trains dance instructors to work with the Parkinson's population.

The Society enters 2017 with reserves roughly equal to 8 months of its historical expenses which provides the Board with further opportunity.

Our Picture of Financial Accountability

To view a copy of our audited 2016 Financial Statements, please visit www.parkinson.bc.ca.

REVENUE 2016

53%	Special Events \$531,171
35%	Donations \$348,685
7%	Bequests \$69,076
5%	Investments and Other Income \$46,391

EXPENSES 2016

40%	Support Services \$554,952
34%	Fundraising \$469,792
12%	Public Awareness, Communication & Advocacy \$165,631
9%	Research \$119,996
5%	Governance & Administration \$78,585

Inspire Hope

How are we growing our investment in research and supporting advocacy?



ADVOCACY

The Society had a very active and successful advocacy campaign in 2016. Advocates continued to request a provincial strategy for Parkinson's to achieve better patient outcomes as well as to help the BC Ministry of Health control overall costs. Activities included:

- Ongoing recruitment of advocacy ambassadors and supporting their meetings with MLAs.
- Meeting with the Minister of Health, Opposition Health Critic and the Liberal and NDP outreach caucuses.
- Presentations to the Standing Committees on Health (July) and Finance (October).
- Presentations to BC PharmaCare regarding funding of Duodopa therapy for a select group of advanced PD patients.
- Development of Duodopa advocacy video and launch on YouTube, PSBC website and by advocates distributing to MLAs.
- Refinement of advocacy campaign into a Five Point Plan and op-ed co-authored by Dr. McKeown and CEO; published by Vancouver Sun (Dec).
- Achieving media support to build public awareness.
- Gaining support from key MLAs.



RESEARCH

- In 2016, Parkinson Society British Columbia contributed \$120,000 to the Parkinson Canada Research Program. \$30,000 of this was matched by Parkinson Quebec.
- PSBC is committed to increasing support for research to 20% of our revenue by 2020.

3 research projects in their first year of funding:

- **Dr. Catherine Winstanley** - *New hope to halt compulsive gambling*
- **Dr. Silke Appel-Cresswell** - *The fungal microbiome of the gut in Parkinson's*
- **Stefano Cataldi** - *Repairing the transportation system within our brain cells*

2 BC research projects in their second year:

- **Chelsie Kadgien** - *Tracking the transportation gene*
- **Austen Milnerwood** - *Silencing defective genes: a possible treatment strategy*

Through a Parkinson Quebec matching fund for 2015-17, PSBC also funded:

- **Charles Ducrot** - *Survival of dopamine neurons in Parkinson's disease: The role of synaptic contacts*

Extend Our Reach & Strengthen Our Impact

How are we investing in a full range of services for the Parkinson's community?

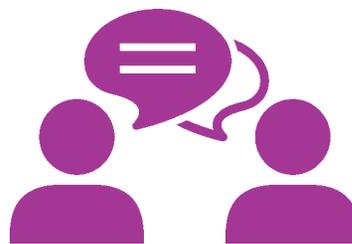
OVER 250 HELP SHEETS & BROCHURES

are downloaded
monthly from
our website



35 MEMBERS

of the Parkinson's community
were granted scholarships for
the World Parkinson Congress
in Portland, Oregon



1835 INDIVIDUALS

have connected one-on-one
with our support services team
for information and referrals



162 PEOPLE TRAINED IN TREATMENT TECHNIQUES

at Communication and Swallow Workshops

OVER 2000 PEOPLE

attended other education
events including
conferences, webinars
and community talks

63 CAREPARTNERS

attended our online Carepartner
Connect Series



92 CLIENTS

have used our counselling
services since the program's
launch in April 2015



25% GROWTH

in our social
networks



19 SONGSHINE INSTRUCTORS & 18 DANCE FOR PD® TEACHERS

were certified in Parkinson's specific
programming



Serving People Across the Province: 2016 Support Groups

- 100 Mile House
- Abbotsford
- Burnaby
- Campbell River
- Chilliwack
- Burnaby Chinese Speaking
- Coquitlam
- Courtenay/Comox
- Courtenay/Comox Caregivers
- Cowichan/Duncan
- Cranbrook
- Creston
- Ladner
- Fort St. John
- Kamloops
- Kelowna
- Kelowna Caregivers
- Kootenay Lake East Shore
- Langley
- Langley Young Onset
- Lion's Bay
- Maple Ridge/Pitt Meadows
- Maple Ridge Caregivers
- Mission
- Nanaimo
- Nelson
- New Diagnosis 1 (Vancouver)
- New Diagnosis 2 (Vancouver)
- New Westminster
- North Shore
- North Shore Caregivers
- Online YOPD
- Osoyoos
- Parksville/Qualicum
- Parksville/Qualicum Caregivers
- Penticton
- Powell River
- Prince George
- Quadra Island
- Richmond
- Richmond Caregivers
- Sparwood/Elk Valley
- South Sunshine Coast
- Shuswap/Salmon Arm
- Surrey
- Terrace
- Trail/Castlegar
- Tri-Cities
- Tri-Cities Caregivers
- Tsawwassen
- Vancouver Arbutus
- Vancouver Caregivers
- Vancouver West Side
- Vernon
- White Rock

Better, Together

How are we working to collaborate, improve and raise critical funding?

ONLINE GIVING INCREASED

from \$381,048 in 2015

TO \$388,699 IN 2016



\$69,076*

was received from the estates of 4 generous individuals



*\$247,990 expected in 2016 was received in January 2017 from the estates of 2 generous individuals



MEMBERSHIP NUMBERS REACH 1,262

\$415,519

RAISED BY 22 COMMUNITIES DURING PARKINSON SUPERWALK



THANK YOU TO ALL OUR GENEROUS DONORS

72% INCREASE

in corporate donations over the previous year

33% INCREASE

in gifts from foundations

26% INCREASE

in individual donations

7% INCREASE

increase in monthly donors



- 1 These SuperWalk participants in Maple Ridge show that heroes come in all ages
- 2 SuperWalk participants wear capes to show their commitment to the cause
- 3 A SuperWalk team based in Kelowna poses for a photo and demonstrates the power of teamwork
- 4 A&W - Newton/Strawberry Hill presents a cheque to Parkinson Society British Columbia at the Vancouver Canadians game in June
- 5 Beginning in Port Hardy, Brian and Spencer Rasmussen kayak 700km to raise funds for the Society

Special Thanks to Our Supporters

We are continuously inspired by donors who champion our cause with their generosity and we are proud to acknowledge the support of our volunteers, members and donors who enable us to serve the Parkinson's community in BC.

This report lists those who have honoured Parkinson Society British Columbia with a significant gift in 2016. Due to space constraints, we are unable to list all of our donors but their support is greatly appreciated.

INDIVIDUALS

Leadership Circle

\$5,000 or more

- Anonymus (2)

INDIVIDUALS

Benefactors Circle

\$1,000 - \$4,999

- Anonymus (10)
- Sylvia and Wayne Adams
- Cheryl Aldred
- Christian Allen
- Primrose Anderson
- Peter and Marie Baigent
- Crystal Beddome
- Mark Betteridge
- Jean Blake
- Susan and Colin Boyer
- Dave Brownlie
- Linda Dawson
- Elzo and Lynn deVries
- Victor Dyck
- Martin Eady
- William Eady*
- Marjorie and Roger Eamer
- Donna Evans
- Frank Fallows and Family
- Matthew Freeman
- Abe and Lillian Friesen
- Thomas Goetz
- Alan and Marjorie Grinnell
- David Hardie
- Don and Ruth Henderson
- Jan and Rod Hobbs
- Ruth and Donald James
- Perry and Darlene Jeffery
- Ingrid and Jurgen Kahl
- Anne-Marie and Peter Kains
- Victor L. Kerr
- Margaret Kendrick and Bill Koch
- Maureen Legg
- Linda Leslie
- Roberta and Angus Leslie
- Marna Leslie
- Philip and Cecilia Li

- Ivan Louey

- Colin and Kate MacBeath
- John and Mary Manuel
- Diane Marsh
- Herb and Donna Matthews
- Bjorn Moller
- Rex Mondejar
- Robert Muster
- Judith and Robin Nelson
- Richard Haschke and Jacqueline Ordroneau
- Margaret Mutch and James Patterson
- Stewart Pugsley
- Margaret Rae-Arthur
- Brian and Spencer Rasmussen
- David and Elaine Rickards
- Bert Robillard
- Sara and Wayne Sam
- Breda and John Sheehan
- Carolyn and David Simmons
- Bernie and John Smerdon
- Deana Grinnell-Smerdon and James Smerdon
- Mike, Melissa and Caroline Smerdon
- Marc St. Arnault
- Suzanne Stothers
- Lyn Blanchard and Val Swannell
- B.T.
- Cheryl and Garry Toop
- Tracey and Anibal Valente
- Carl A. Wagner
- Mrs. Wendi Kaiser and Dr. Angela Wensley
- (John) Barry and Andrea West
- Dick Williams
- James and Deborah Yeates
- Paul and Marguerite Zakus

INDIVIDUALS

Tulip Circle \$500 - \$999

- Anonymus (16)
- Rob Aird
- Esther and Greg Andrukow
- Joanie Ball
- Diane Balsor
- Gina Beddome
- Brian Begert
- Jocelyn and Jeffrey Bellerud
- Susan Borthwick
- Evelyn and James Bowersock
- Todd Brown
- Loretta and Howard Brunell
- Marion Burnyeat
- Howie Charters
- Felicia Chen
- Gheorghe Coman
- W.E. and Y.V. Couling
- Stanley Cowdell
- Tim Creelman
- Nancy and Joseph Denofreo
- Gavin E. Dirom
- Sharon and Alexander Dyball
- Cameron Edgar
- Therisa Elia
- Theresa Sheehan and Terry Ellis
- Ralph Emsland
- Jed Falk
- Robert and Muriel Foers
- Leslie Davidson and Lincoln Ford
- Stephen Fuhr
- Tony Gage
- Sheila Gallagher
- Mike and Ae Ganske
- Gerald M. Gartner
- David Godfrey
- Nellie and Rene Goossens
- Sue and Brian Goossens
- Chris Gray
- Jean E. Greenaway
- Brian Guran
- Donald Guthrie
- Hugh Hamilton
- Terry and Brent Hancock
- Sussan Harandi
- John Harvey
- Bernadette and Bruce Hirtle

- Terra Shimbashi and John Hougan
- Dolores Houghton
- Lucille Huot
- Angela and Mark Hutchinson
- Janet Stuehmer and Richard Hutton
- Barbara Inniss
- Audre Barbara Jackson
- Helen Jansen
- Erik Jensen
- Rita Jo-Ann Johnston
- Dorothy and Morris Jones
- Robert Jussila
- Andrew Kempton
- Mona Kragh
- Eric Lamb
- Murray Leith
- Barbara Lockyer
- Truedene and Bill Longman
- Rob MacDonald
- Ray Markham
- Eileen Mate
- Bill Mathieson
- Richard Matthews
- Nora McCallum
- Dave McNeil
- Dennis and Kathy Meakin
- Michael Menzies
- Dr. Ruthanna Metzgar
- Mary Lou Miles
- Glenda and Ron Miles
- Dominique and Roger Miller
- Cecile Montague
- Farhad Moola
- Eva Maria Moser
- Susan Myerscough
- Diana and Cameron Neil
- Dorothy Nenniger
- James Nicolau
- Mavis and Walter Norman
- Marilyn and Darcy Olson
- Rendy and Brian Olthuis
- Sarah and Wesley Parker
- Iris Pierrot
- Mike Posnikoff
- Debora and Dave Rasmussen
- Dr. Alan and Brenda Reynolds
- Linda Loo and Stephen Richards
- Hamish Ross
- Leigh Sauder
- Lynda and Brian Sawyer
- Jagi Singh
- Alex and Robert Skelly
- Richard and Joan Smyth
- Eva and Eric Stuehmer
- Margaret and Jim Sturt-Smith
- Robert Swannell
- John and Gilberte Thompson
- Lisa Turner
- Verita Van Diemen

- Susan Van Geel
- Bastiaan Verheyen
- Anisha Virani
- Christopher Vollan
- Kevin Vollan
- Sala Webb
- Ann and Henry Wiebe
- Cynthia Wong
- Ron Woyuitka
- James Wyse
- Nachiko Yokota
- Nancy and Tony Yurkovich

LEGACY GIFTS

- Estate of Serena Jane MacDonald
- Estate of Mary Suzanne Peterson
- Estate of Bernice Samuelson
- Estate of Lillian June Ames

CORPORATIONS, COMMUNITY AND EMPLOYEE GROUPS, FOUNDATIONS AND SERVICE CLUBS

Leadership Circle

\$5,000 or more

- Anonymus
- A&W - Newton/Strawberry Hill
- Black Press
- Bond Reproductions
- Dragon Fire Charitable Foundation
- Global BC
- Grant Thornton LLP
- Holland America Line
- Lewis Family Fund
- Me-n-Ed's Pizza Parlors
- NL Broadcasting Ltd.
- Scotiabank
- Teekay
- TELUS (Team TELUS Cares)
- The Alan and Doreen Thompson Charitable Foundation
- The Mark Mercier Foundation
- Frances A. McClean & Charles J. McNeely, Jr. IMP Fund, held at Vancouver Foundation
- Whites Location Equipment Supply Inc.

**Represents generous individuals who gave during their lifetime and are now deceased.*

Note: We strive to ensure that each name is appropriately listed and spelled. Please let us know if we have made an error so we may correctly recognize you in the future.

CORPORATIONS, COMMUNITY AND EMPLOYEE GROUPS, FOUNDATIONS AND SERVICE CLUBS

Benefactors Circle

\$1,000 - \$4,999

- Aerie #2075, Fraternal Order of Eagles
- Anonymous
- 1075 Kiss FM
- 626482 B.C. Ltd.
- Beaver Valley Lions Club
- Capilano Golf and Country Club
- Chan Family Foundation
- Chipotle Mexican Grill
- CISL 650
- CN Employees' and Pensioners' Community
- Halo Metrics
- Jamieson Creek Holdings Ltd.
- Lamar Advertising Company
- MacDonald Dettwiler and Associates Ltd.
- Nak'azdli Band Council
- North Vancouver Host Lions Club
- Pickleball Kelowna
- Pratt's Compounding Pharmacy Inc.
- Precision Injection Molding Inc.
- Provincial Employees Community Services Fund
- Royal Canadian Legion #88 - Ladies Auxiliary
- TELUS Community Ambassadors
- The RBC Foundation
- Valley Driving School Ltd.
- Vancouver South Lions Club
- Vernon Parkinson's Support Group
- Werner and Helga Hoing Foundation
- Western Water and Gas Products Ltd.
- WestJet Airlines Ltd.



Moving Forward, Together Conference

Saturday, June 3, 2017 | 9:00am – 3:15pm

Sheraton Vancouver Airport Hotel, Richmond, BC

Our provincial conference will foster an educational and inspirational space to enrich the connection between people with Parkinson's, carepartners, friends and healthcare professionals. The return of this much-anticipated event will feature prominent local, national and international presenters who will speak to topics related to the treatment and management of Parkinson's and its associated challenges.

For more information & registration visit: www.parkinson.bc.ca/movingforward



Save the Date!

Parkinson SuperWalk will return to British Columbia
the weekend of **September 9-10, 2017.**

For more information & registration visit: www.superwalkbc.kintera.org



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www.parkinson.bc.ca

